




## Head Start/Early Head Start Menus for September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>3. Breakfast:</b> Cereal, Grape Juice, Milk  <b>Lunch:</b> Cow Boy or Vegetable Soup W/Cornbread, Peaches, Milk  <b>Snack:</b> Cheese &amp; Crackers</p>	<p><b>4. Breakfast:</b> French Toast Sticks, Cantaloupe &amp; Blue Berries, Milk  <b>Lunch:</b> Oven Fried Chickens, Mac &amp; Cheese, Okra &amp; Tomatoes, Fruit Mix, Milk  <b>Snack:</b> Granola Bar, Milk</p>	<p><b>5. Breakfast:</b> Sausage &amp; English Muffin, Apple Sauce, Milk  <b>Lunch:</b> Spaghetti &amp; Meat Balls, Green Beans, Pineapple, Milk  <b>Snack:</b> Trail Mix, Grape Juice</p>	<p><b>6. Breakfast:</b> Corn Flakes, Orange Juice, Milk  <b>Lunch:</b> Pull Pork Sandwich, Bake Potato Casserole, Mandarin Oranges, Milk  <b>Snack:</b> Fruit Smoothie, Ritz Crackers</p>
<p><b>9. Breakfast:</b> Egg Omelet, Oranges, Milk  <b>Lunch:</b> Fajita Beef, Stir Fry Vegetables, Pears, Stir fry Noodles, Milk  <b>Snack:</b> Multi Grain Treat, Milk</p>	<p><b>10. Breakfast:</b> Cereal, Grape Juice, Milk  <b>Lunch:</b> Chicken Nuggets, Sweet Peas, Mash Potatoes, Roll, Milk  <b>Snack:</b> Apple Slice &amp; Yogurt</p>	<p><b>11. Breakfast:</b> Toast, Scramble Eggs, Mandarin Oranges, Milk  <b>Lunch:</b> Ham, Sweet potato Casserole, Greens, Corn Bread, Milk  <b>Snack:</b> Blueberry Muffin, Milk</p>	<p><b>12. Breakfast:</b> Oatmeal, Peaches, Milk  <b>Lunch:</b> Fish Stick Sandwich, Tater Tots, Cucumber &amp; Tomato, Bread, Milk  <b>Snack:</b> Cheese-it Crackers, Juice</p>	<p><b>13. Breakfast:</b> Cereal, Banana, Milk  <b>Lunch:</b> Turkey Sandwich, Lettuce &amp; Tomato, Apple Sauce, Milk  <b>Snack:</b> Trail Mix, Juice</p>
<p><b>16 Breakfast:</b> Sausage Biscuit, Apple Sauce, Milk  <b>Lunch:</b> Pizza, Salad, Pineapple, Milk  <b>Snack:</b> Cheese it Crackers, Grape Juice</p>	<p><b>17. Breakfast:</b> Cereal, Milk, Orange Juice,  <b>Lunch:</b> BBQ Chicken, Bake Beans, Corn, Fruit Cocktail, Bread, Milk  <b>Snack:</b> Wow Butter and Ritz Crackers</p>	<p><b>18: Breakfast:</b> French Toast Stick, Fresh Fruit Cup, Milk  <b>Lunch:</b> Tater Tot Casserole, Green Beans, Pears, Rolls, milk  <b>Snack:</b> Banana Parfait, w/blueberry topping</p>	<p><b>19. Breakfast:</b> Pancakes w/ strawberry banana topping, milk  <b>Lunch:</b> Chicken &amp; Dumplings or Rice, Broccoli, Oranges, milk  <b>Snack:</b> Muffin, Milk</p>	<p><b>20. Breakfast:</b> English Muffin, Eggs Patty, Apple Sauce, Milk  <b>Lunch:</b> Hamburger, Lettuce &amp; Tomato, Fries, Milk  <b>Snack:</b> Fruit Smoothie &amp; Ritz Crackers</p>
<p><b>23. Breakfast:</b> : Grits, Oranges, Milk  <b>Lunch:</b> Chicken Ravioli, Carrots, Honeydew Melon, Milk  <b>Snack:</b> Multi-Grain Treats, Milk</p>	<p><b>24 Breakfast:</b> Cereal, Milk, Banana  <b>Lunch:</b> Chop Beef Sandwich, Bake Beans, Fruit Cocktail, Milk  <b>Snack:</b> Cheese &amp; Ritz Crackers</p>	<p><b>25 Breakfast: Egg Omelet, Kiwi &amp; Cantaloupe,</b> Milk  <b>Lunch:</b> Meat Loaf, Broccoli &amp; Cauliflower, Pears, Rolls, Milk  <b>Snack:</b> Muffins, Milk</p>	<p><b>26. Breakfast:</b> Oatmeal, Peaches, Milk  <b>Lunch:</b> Fish Sticks, Fries, Fruit Cocktail, Bread Milk  <b>Snack:</b> Yogurt, Apple Slices</p>	<p><b>27. Breakfast:</b> Sausage Biscuit, Oranges, Milk  <b>Lunch:</b> Nachos, Salad, Cantaloupe milk  <b>Snack:</b> Gold Fish, Grape Juice</p>
<p><b>30. Breakfast:</b> Pancake, Strawberry/Blueberry Topping Milk  <b>Lunch:</b> Chicken Enchilada, Salad, Pears, Milk  <b>Snack:</b> Egg Salad, Ritz Crackers</p>		<p><b>Apples</b> are high in fiber, vitamin C, and various antioxidants. They are also very filling, considering their low <b>calorie</b> count.</p> <p><b>Apples gives me energy</b></p>		<p><b>Broccoli</b> is high in many <b>nutrients</b>, including fiber, vitamin C, vitamin K, iron, and potassium.</p> <p><b>Broccoli makes me smart</b></p>

Early Head Start infants who are not yet eating table food are provide with formula, breast milk, infant cereal and baby food as instructed by parents and/or pediatrician.  
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